

St. Margaret's is proud to introduce
"The Blessed Hour"

St. Margaret's Family Birthing Centre is implementing a new policy which is called the "Blessed Hour." By definition this is the time immediately after birth when mom, dad, and baby spend time bonding and getting to know each other. The first few minutes of a baby's life are filled with dramatic changes as he/she adjusts to life outside of mom. Studies show the best place for these adjustments to take place is in mom's arms. We encourage mom to hold her baby "skin to skin" which makes it easier for baby to stabilize his body temperature, heart rate, and breathing, and breastfeeding is more successful. The "Blessed Hour" is a natural and gentle way for baby to transition from birth into the world and may actually last more than an hour.

During the "Blessed Hour" friends and family will need to wait in the Family Birthing Centre waiting room. Mom, dad, and baby will welcome visitors after this uninterrupted time together. When directed by the Family Birthing Centre staff, dad will come to the waiting room and let the visitors know when mom and baby are ready.

